

Nutrition and Dietetics

Renal Disease - PD peritonitis and diet

This information should only be used by patients with peritoneal dialysis (PD) peritonitis and should only be followed with supervision from a dietitian.

Peritonitis occurs when the lining of the abdomen (the peritoneum) becomes inflamed. It is usually caused by a bacterial infection and can cause any of the following symptoms:

- abdominal pain
- raised temperature or fever
- cloudy dialysis fluid
- poor appetite

Peritonitis is one of the most serious complications of peritoneal dialysis (PD). You should contact the PD nurses (024 7696 8308) as soon as you have any of the above symptoms to arrange an assessment and if needed, commence treatment.

It is also important that you contact your renal dietitian for advice. People having peritoneal dialysis (PD) already have high protein requirements due to loss of protein through the dialysis process. When you have PD peritonitis this protein loss can increase up to 70% leading to weight loss due to breakdown of your body's muscle stores.

Foods high in protein are particularly important during an episode of PD peritonitis and can be increased in your diet in 2 ways – protein foods and nutritional supplements.



Patient Information

Protein foods

The following foods are good sources of protein, and you should try to increase your intake of these:

- meat including poultry
- fish
- eggs
- milk and yoghurts
- cheese
- beans, peas, and lentils
- nuts* and seeds*
- quorn, soya, tofu and other meat alternative products

Your appetite may also be poor at this time, and the dietitian can support you with tips to help meet your overall nutritional requirements, as well as focussing on protein. Some initial tips are below:

How to improve dietary intake (if your appetite is poor)

- Prioritise high protein foods by eating them at the beginning of your meal
- Try to eat little and often and have high protein snacks in between meals – protein rich snacks include cheese on toast, cream cheese on crackers, hummus* with breadsticks or vegetable sticks, a yoghurt (dairy or soya), a glass of milk (or soya milk), a handful of nuts* or a tablespoon of peanut butter* on a piece of toast
- Aim for two high protein snacks per day in addition to your meals
- To increase your calorie intake per portion of food, use full fat milk instead of skimmed or semi skimmed milk and thickly spread full fat margarine or butter instead of using low fat spread
- You can also add butter, margarine or olive oil to potatoes, vegetables, and salads to increase their calorie content
- Drizzle a tablespoon of double cream on desserts, porridge, or fruit
- Freeze meals you like that can be easily reheated

* = These options are high in potassium, avoid if on a potassium restriction

Patient Information

Nutritional supplements

To meet your body's high protein and energy requirements, you may also require nutritional supplement drinks as a short-term prescription whilst you undergo treatment for your peritonitis, such as Fortisip Compact Protein (125ml bottle), Prosource (30ml sachet or 90ml jelly pot), Renapro (60ml shot or 20g powder) or others. This is especially important if your appetite is reduced during peritonitis.

A supply of these can be provided by your dietitian. It is likely you will require 2 or 3 nutritional supplement drinks per day, but this will be confirmed by your dietitian.

If a dietitian has not been in contact with you, please contact them on 024 7696 6151, Monday to Friday, 8.30am – 4.30pm

The dietitian will also discuss other dietary tips, tolerance of nutritional supplements and they can arrange for a further supply of nutritional supplements via your GP should they be required longer-term.

Tips on taking your nutritional supplement drinks:

- Drink between meals to avoid spoiling your appetite at mealtimes
- Best served chilled, but can also be drunk at room temperature or warmed
- Once opened, drink within one hour, or refrigerate for up to 24 hours
- Continue to take them until you have completed your peritonitis treatment and your appetite has returned to normal
- Ask for your preferred flavours (Fortisip Compact Protein is available in Vanilla, Banana, Mocha, Strawberry, Hot tropical ginger, Cooling red fruits, neutral and Peach/Mango)
- If you are finding them unpalatable, please contact your dietitian who can provide you with further tips, recipe ideas, or an alternative supplement drink.

Patient Information

Summary

- People suffering with PD peritonitis require significantly more dietary protein, due to increased protein losses
- You would benefit from following a high energy, high protein diet during this period
- It is likely you will need a short-term supply of nutritional supplements to help you achieve your protein requirements
- If your renal dietitian hasn't already been in contact, please call their direct line on 024 7696 6151

Additional Comments / Notes:

Warning – Starfruit contains a chemical which can be dangerous to people with kidney problems, they should be avoided.

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